

July 2018 | Lifelong Learning Center Schedule

(Please refer to the Summer 2018 catalog or the website for a full listing of classes.)

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2 517 Conquering Facebook 10:00 - 12:00 345 Once Upon A Time: Story Time for All Ages 10:00 - 11:30 272 Zentangle Club! 10:00 - 11:00 450 Lectores en Espanol 11:00 - 12:30 436 Beginning Spanish I 1:00 - 2:30 109 Abstract Painting and Drawing 1:00 - 2:30 525 Acting Workshop 1:00 - 3:00	3 416 Memoir Writing 101 10:00 - 11:30 266 Introduction to Mindfulness-Based Stress Reduction (MBSR) 10:00 - 12:30 533 A 4th of July Musical Celebration 11:00 - 12:00 105 Simply Watercolor 1:00 - 3:00 432 Reading French 1:00 - 3:00 448 Practical Conversational Spanish 1:30 - 3:00	4 <p style="text-align: center; color: green;">Centers will be closed in observance of Independence Day</p>	5 498 Let's Talk: WhatsApp, Skype, Magic Jack and More 10:00 - 12:00 442 Spanish IV 11:00 - 12:30 440 Spanish III 1:00 - 2:30 419 Rendezvous with Books 1:00 - 2:15 434 Italian for Conversation 1:15 - 2:45	6 466 Women's Issues 10:00 - 12:00 418 Creative Writing 10:00 - 12:15 346 Personal Identity: Is There a Real "You"? 10:00 - 12:00 466 Women's Issues 10:00 - 12:00 114 Drawing Your World 10:00 - 1:00 116 Acrylic Beginner Basics 1:00 - 3:00 347 The Whole Kit and Caboodle 1:00 - 3:00 444 Spanish V 1:00 - 2:30 415 Whodunit Book Club 1:00 - 3:00 469 Pinochle for Everyone: True Beginner and Refresher 1:30 - 3:00
9 499 Digital Music & Podcasts Demystified 10:00 - 12:00 102 Creative Card Making 10:00 - 11:30 348 Picturesque San Diego: Images and Stories From the Past 10:00 - 11:30 450 Lectores en Espanol 11:00 - 12:30 436 Beginning Spanish I 1:00 - 2:30 109 Abstract Painting and Drawing 1:00 - 2:30 153 Current Supreme Court Decisions 1:00 - 2:30 435 Italian for Travelers 1:15 - 2:45	10 416 Memoir Writing 101 10:00 - 11:30 507 Conquering Your iPhone - Part I 10:00 - 12:00 350 Rembrandt - His Early Years 10:00 - 12:00 118 Brush Painting In the Asian Manner 10:30 - 12:30 106 Simply Watercolor 1:00 - 3:00 432 Reading French 1:00 - 3:00 349 Impeachment: A Contemporary Concern 1:00 - 2:30 448 Practical Conversational Spanish 1:30 - 3:00	11 424 Beginning French 10:00 - 11:15 351 First Peoples of San Diego County 10:00 - 12:00 461 Men's Forum 10:00 - 11:45 426 Intermediate French 12:00 - 1:15 438 Spanish II 1:00 - 2:30 352 George Washington, America's Indispensable Founding Father 1:00 - 2:30 Healthier Living with Diabetes* 3:30 - 6:00	12 510 Conquering Your iPhone - Part II 10:00 - 12:00 465 Mah Jongg: Intermediate 10:00 - 12:00 354 The Early History of Disneyland 10:00 - 11:30 442 Spanish IV 11:00 - 12:30 353 Settling the San Diego Mission and Presidio 1:00 - 3:00 440 Spanish III 1:00 - 2:30 267 Meet and Eat with Chef Cyndi 1:00 - 3:00 434 Italian for Conversation 1:15 - 2:45	13 418 Creative Writing 10:00 - 12:15 466 Women's Issues 10:00 - 12:00 355 Buddhist Ethics 10:00 - 12:00 466 Women's Issues 10:00 - 12:00 114 Drawing Your World 10:00 - 1:00 356 The Great Board and Card Games and Where They Come From 1:00 - 3:00 444 Spanish V 1:00 - 2:30 276 Medical Benefits of Cannabis for Pain 1:00 - 3:00 469 Pinochle for Everyone: True Beginner and Refresher 1:30 - 3:00

*TO REGISTER FOR "HEALTHIER LIVING WITH DIABETES
OR FOR MORE INFO, CALL (858) 495-5500
Please leave a message. Your call will be returned.
July 11 – August 15, 2018 (6 sessions)
3:30 PM – 6:00 PM (20 minute break in middle)

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16 536 San Diego History Through Music 10:00 - 11:00 277 Sun Safe Skin Care 10:00 - 11:30 450 Lectores en Espanol 11:00 - 12:30 436 Beginning Spanish I 1:00 - 2:30 525 Acting Workshop 1:00 - 3:00 110 Abstract Painting and Drawing 1:00 - 2:30 435 Italian for Travelers 1:15 - 2:45 98 Travel the World via Virtual Reality 10:00 - 3:00	17 119 iPhoneography: Basics & Beyond 10:00 - 11:30 278 Managing Pain and Neuropathy 10:00 - 11:30 118 Brush Painting In the Asian Manner 10:30 - 12:30 106 Simply Watercolor 1:00 - 3:00 537 Musical Stars of the Golden Screen: Doris Day 1:00 - 3:00 433 Reading French 1:00 - 3:00 449 Practical Conversational Spanish 1:30 - 3:00	18 424 Beginning French 10:00 - 11:15 359 Political Parties in the U.S. 10:00 - 11:30 460 Grief Support Group 10:30 - 11:30 426 Intermediate French 12:00 - 1:15 438 Spanish II 1:00 - 2:30 360 The Philosophy of History 1:00 - 3:00 112 Foam Plate Relief Printing Workshop 1:00 - 2:30 Healthier Living with Diabetes* 3:30 - 6:00 279 Medicare Made Easy 10:30 - 12:00	19 251 All About Eyes: What Seniors Should Know About Age Related Eye Conditions 10:00 - 11:30 519 Int'l Travel the Digital Way 10:00 - 11:30 465 Mah Jongg: Intermediate 10:00 - 12:00 479 Mind Fitness Workshop 10:30 - 11:30 443 Spanish IV 11:00 - 12:30 441 Spanish III 1:00 - 2:30 431 Conversational French 1:00 - 2:30 120 Learn to Make Your Own Succulent Planters 1:00 - 3:00 900 Healthy Habits for Adults: Salt, Sugar, Fat... Oh My! 1:00 - 2:00 280 Well Being Part 1 1:00 - 2:30	20 114 Drawing Your World 10:00 - 1:00 467 Women's Issues 10:00 - 12:00 418 Creative Writing 10:00 - 12:15 363 Unidentified: Cases From the MUFON Archives 10:00 - 11:30 362 Cosmology and Consciousness 1:00 - 3:00 445 Spanish V 1:00 - 2:30 415 Whodunit Book Club 1:00 - 3:00 469 Pinochle for Everyone: True Beginner and Refresher 1:30 - 3:00 127 Wine & Paint 6:30 - 8:30
23 282 Paleo in Perspective: Protein/Carb Conundrum & Health 10:00 - 11:30 283 15 Skin Care Misconceptions 10:00 - 11:30 451 Lectores en Espanol 11:00 - 12:30 437 Beginning Spanish I 1:00 - 2:30 110 Abstract Painting and Drawing 1:00 - 2:30 525 Acting Workshop 1:00 - 3:00 420 Ready! Set! Start Your Obituary 1:00 - 2:30	24 119 iPhoneography: Basics & Beyond 10:00 - 11:30 365 Vermeer: Girl with a Pearl Earring 10:00 - 12:00 118 Brush Painting In the Asian Manner 10:30 - 12:30 106 Simply Watercolor 1:00 - 3:00 433 Reading French 1:00 - 3:00 449 Practical Conversational Spanish 1:30 - 3:00	25 141 SDG&E 10:00 - 11:00 461 Men's Forum 10:00 - 11:45 99 Sweetest Grammar Ever! 10:00 - 12:00 425 Beginning French 10:00 - 11:15 427 Intermediate French 12:00 - 1:15 439 Spanish II 1:00 - 2:30 285 Brain Toxic 1:00 - 3:00 429 Intermediate French II 1:30 - 2:45 Healthier Living with Diabetes* 3:30 - 6:00	26 465 Mah Jongg: Intermediate 10:00 - 12:00 154 End-of-Life Conversations 10:00 - 11:30 367 The Origins of the Jewish People 10:00 - 12:00 443 Spanish IV 11:00 - 12:30 441 Spanish III 1:00 - 2:30 431 Conversational French 1:00 - 2:30 901 Healthy Habits for Adults: Eating the Rainbow 1:00 - 2:00 281 Well Being Part 2 1:00 - 2:30	27 114 Drawing Your World 10:00 - 1:00 467 Women's Issues 10:00 - 12:00 418 Creative Writing 10:00 - 12:15 307 Current Events 10:30 - 12:00 286 Learn How to Make Peace with Stress 1:00 - 3:00 445 Spanish V 1:00 - 2:30 287 Life After Prostate Cancer 1:15 - 2:45 469 Pinochle for Everyone: True Beginner and Refresher 1:30 - 3:00
30 368 The Bronte Family: Achievements and Tribulations 10:00 - 12:00 369 Yugoslavia - Disintegration, War & Reconstruction 10:00 - 11:30 273 Zentangle Club! 10:00 - 11:00 451 Lectores en Espanol 11:00 - 12:30 437 Beginning Spanish I 1:00 - 2:30 525 Acting Workshop 1:00 - 3:00 110 Abstract Painting and Drawing 1:00 - 2:30	31 119 iPhoneography: Basics & Beyond 10:00 - 11:30 370 Spanish America's Age of Independence - 1800 to 1830 10:00 - 11:30 118 Brush Painting In the Asian Manner 10:30 - 12:30 106 Simply Watercolor 1:00 - 3:00 539 Film on the Fringe 1:00 - 3:00 433 Reading French 1:00 - 3:00 449 Practical Conversational Spanish 1:30 - 3:00		<p>*TO REGISTER FOR "HEALTHIER LIVING WITH DIABETES OR FOR MORE INFO, CALL (858) 495-5500 Please leave a message. Your call will be returned. July 11 – August 15, 2018 (6 sessions) 3:30 PM – 6:00 PM (20 minute break in middle)</p>	